

Meringues, or puffs as they were called, were not only used as treats at tea time. They were also stacked into dessert pyramids to dress up tables at 18th-century dinners and ball suppers. These puff pyramids, glazed with caramel, were called "croque en bouche", from a French phrase meaning to "crackle in the mouth."

To make CHOCOLATE-PUFFS

TAKE a Pound of fine sifted Sugar, and three Ounces of Chocolate grated, and sifted thro' an Hair Sieve; make it up to a Paste with White of Eggs whip'd to a Froth; then beat it well in a Mortar, and make it up in Loaves, or any Fashion you please. Bake it in a cool Oven, on Papers and Tin-Plates.

The Compleat Confectioner
Mrs. Mary Eales, 1753

Chocolate Puffs (Modern)

2 egg whites, beaten stiff
2/3 cup sugar
1 tsp. vanilla
1 cup walnuts, chopped
1 cup chocolate chips



Preheat oven to 350 degrees.

Mix ingredients and drop on foil-covered cookie sheet; place in oven. Turn oven off. Do not open door. Leave in oven overnight. Makes approximately 1 dozen.